

# Junior Division Promotion Requirements

## BROWN – ADV (BLACK BAR)

### *All techniques in Japanese*

Standing Basics: Mae Geri; Yoko Geri; Ushiro Geri (Front Kick; Side Kick; & Back Kick)

Kata:

Pinan Nidan    <http://youtu.be/VR6rEHHZ88I>

Pinan Shodan    <http://youtu.be/SQpgIDreoAA>

Pinan Sandan

Pinan Yondan

Pinan Godan

Kumite: You Kick; I Kick (wear sparring gear)

Advanced Omine Kumite #1

Perseverance: Run ½ mile (how long did it take; you will need a time at each stripe)

Atemi: Neko Ashi Mae Geri

Recite: Essay and Black Belt Pledge

### **BLACK BELT PLEDGE**

As a student of Shorin-Ryu

and a member of Locust Grove Karate,

**I promise to be...**

**Attentive** in my listening,

**Courteous** in my speaking,

**Diligent** in my training,

**Positive** in my thinking,

and

**Respectful** to my seniors.

***What is your goal?***

**Black Belt, Sir!**